

THE POST-STAR

2040

UNDER

CELEBRATING
TOMORROW'S
LEADERS



**An Awards luncheon honoring the recipients
will be held Wednesday, September 18, 2019 at
12:00pm at SUNY Adirondack**

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WELCOME TO OUR CELEBRATION OF



We are proud to introduce our 2019 Post-Star 20 under 40 honorees. With this award and event, we want to recognize and honor these young community members for their contributions. Our communities benefit every day from their commitment and involvement. As you read about each honoree I hope you will get a sense of who they are, the folks that influence them, and their goals. Thank you to all of you who took the

time to nominate an outstanding 20 under 40 candidate. These nominations really highlight the young leadership that is so active and involved in our communities. I would like to thank Michael Bittel and Mindy Wilson for their commitment to this event. Reading over the nominations is inspiring, but narrowing down to only 20 honorees is very difficult. Please join us as we celebrate the achievements of these very talented

2019 Post-Star 20 Under 40 honorees at our awards luncheon at SUNY Adirondack on Wednesday, September 18th. We have a limited number of tickets still available. The reservation deadline is Tuesday, September 10th. Advance reservations are required – use the order form below or register online at www.poststar.com/contests.

*Brian J. Corcoran
Interim Publisher, The Post-Star*

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THE POST-STAR 2040 UNDER

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Jeffrey Allen

Age: 39

Spouse/children: Daughter, Zoey

City, village or town you currently reside in: Queensbury

Employer: Lake George Central School District



Current job title/responsibilities:

I am a veteran teacher of 15 years. My longest stint has been at my current position in a third grade classroom, though I have taught at every grade level since graduating college. My responsibilities include, but aren't limited to teaching the "required curriculum" mandated by the state across all subject areas. Though many days I am also parent, advisor, nurse, Dr., psychologist, therapist, referee, and the list goes on and on.

What is the best aspect of your job? Why?

The best part of my job is a combination of two

things. One of the most important, and beneficial, is that I get to work with great people. We all support one another, and if it weren't for those people, I might not be where I am today. Then, hopefully the obvious... I always get to meet and work with new students and parents. Helping a child and watching them learn how to read or understand a new math concept until they finally get it is tremendously rewarding. I prefer to focus on building all of these relationships rather than all of the other, let's say, paperwork nonsense that can get in the way. As I mentioned above, "required curriculum" and not to mention all the assessments we put

children through.

Where did you go to school?

South Glens Falls Senior High/Plattsburgh State University

Why do you think this region is a good place to live and work?

First and foremost, "We live in the Adirondacks!!!" The Adirondacks are world renown. We're pretty lucky! And, though things may be slowly changing, we sort of live in a bubble up here in "Upstate New York!" If it wasn't for the news and social media, we probably wouldn't have a whole lot to worry about. Whether you live here, work here, or both, you will always have options and opportunities. There is small farming communities all the way up to our tourist community. Types of lifestyle as well as job choice is almost unlimited.

What one person has influenced you the most? Why?

My mom! I will look up to my mother forever! We have always shared a special bond since the day I was born and I am forever grateful that we will hold onto that bond forever! I always watched my mom, day in, and day out, as I was growing up, and to this very day, I have no idea how she raised three wonderful

children on her own. She is the reason I went to college, and even though some things don't always work out as planned, the reason I will continue to work hard for everything I have, just the same way she did. She is the reason I will always have an amazing relationship with my daughter, also while being able to be silly and fun and joke around all the time, but at the same time reign it in when it is time to be serious. Thank you mom! I love you!

What is your biggest goal in life?

My biggest goal in life is to be the best role model I can be for my daughter (and also my students). I will continue to learn, work hard, and grow. I am a certified administrator, so perhaps one day I might help lead a school with a title different than teacher. I own/run my own DJ Business, All-en Entertainment, and I hope to watch that continue to grow as well!

What do you do to relieve stress? How does it help?

What stress? There's no stress in education!!! Music is a huge pastime of mine. I will spend hours just sitting and listening to music of all different genres. I enjoy sitting around a fire with family and friends. Fishing and golf,

Continued on **PAGE 19**

Kate Austin-Avon

Age: 37

Spouse/children: Husband - Cory Austin-Avon Children - Henry, Daniel and Elizabeth

City, village or town you currently reside in: Glens Falls

Employer: Advocate, LLC



Current job title/responsibilities:

Owner, web designer, graphic designer, marketing consultant, customer service, communications... almost everything!

What is the best aspect of your job? Why?

I love helping people, and my favorite thing is being there right at the start of a new business. It's like being a midwife, mentoring a client through the worry, the deliberation, the change — and then being there for them fanning their wings as they jump off that cliff and fly.

Where did you go to school?

SUNY Empire State College, Hartwick College, and Woodstock Union High School in Vermont

Why do you think this region is a good place to live and work?

Glens Falls is the richest soil to plant a new business in, and the best place to raise a family. Number one, we have a welcoming open-armed community that is tight-knit, hard-working, and supportive. The businesses here value collaboration over competition and know that a rising tide lifts all ships. And the quality

of life is top-notch, with so many festivals, family events, arts organizations, good schools, and opportunities to have fun, all mostly within easy walking distance.

What one person has influenced you the most? Why?

In business, my father. He owned a construction business for many years and he learned the trade from his father. He was honest to a fault, always looking out for his clients and being transparent, and he worked so hard, morning, noon and night. Some days I feel guilty that I'm not in the construction business, but when I think about our businesses, there is much I learned from him, from technical things like time tracking and subcontractor management to big things like ethics in business and the value of volunteerism.

What is your biggest goal in life?

I'm out to save the world. The superpowers I have in my hands are things like web and graphic design, diplomacy and customer service, so what I can do is empower independent small businesses I believe in to get their message out there. This goal is also why I'm vegan, why I volunteer so much, and why I am making steps toward a zero-waste lifestyle. It is small things, but we do what we can in our own little bubble of influence, and it spreads. So I feel like trying matters.

What do you do to relieve stress? How does it help?

Karaoke! Sometimes you just have to get up in front of people and belt your heart out. It's validating when people clap for you, and it's good to get out for a night with my girlfriends and remember who I am besides a mom and worker bee.

What are your three favorite movies?

Back to the Future, Pink Floyd's The Wall, The Neverending Story

Name a book that has influenced you? Why?

Daniel Quinn's Ishmael. It's about how we, as a society, came to be this way, about modern civilization, Takers and Leavers, and gets you thinking about why we do what we do, and what's really important, and how to get back to where we're meant to be.

If you could be any fictional character, who would it be? Why?

Mary Poppins. She's really in charge even when she's acting like she isn't; she takes good care of those she loves without spoiling them, and can use her powers of charm or magic whenever the situation calls for them.

What quote do you live by?

"The test of a first-rate intelligence is the ability to hold two opposed ideas in mind at the same time and still retain the ability to function." — F. Scott Fitzgerald

Jocelyn Blanchard

Age: 30

Spouse/children: Jonathan, 5 children (Joanna, 1; Jessica, 3; Jordyn, 5; Jayna, 7; Jeremy, 8)

City, village or town you currently reside in: Hudson Falls

Employer: SAIL



Current job title/responsibilities:

Chief of Operations: Manage all programs, fiscal, and operations across more than 12 grants from State, Federal, and Local sources Write, operationalize, oversee, report and voucher for multiple types of grants Create and maintain budgets, monitor expenses, and complete budget modifications Serve in local community meetings, councils, and coalitions to represent the needs of the community and

the interests of the agency including human services and long term care community based options and supports

What is the best aspect of your job? Why?

Helping people every day! What we do changes lives and brings hope to people in difficult situations. SAIL's work makes a difference!

Where did you go to school?

Case Western Reserve Mandel School of Applied Social Sciences

Why do you think this region is a good place to live and work?

I love the area and tell friends and family all the time they should come visit! It's a beautiful and rich area to live, work and play. We have great resources, rich outdoors, and the best of both worlds.

What one person has influenced you the most? Why?

My father has influenced my thinking and my view on life. He has challenged me to think outside of the box and critically process things from multiple perspectives and points of view. As a profound speaker with a stutter, he has shown me that you can do things in spite of difficulties you may face and that with God all things are possible. He never allowed me to make excuses or to do things less than my best.

What is your biggest goal in life?

I want to serve others through my work and do work that helps others by being the best mom, wife, daughter, sister and community member that I can be.

What do you do to relieve stress? How does it help?

I love to swim and it always helps. I also try to do something creative when I'm burnt out from mind work. I'm not super artsy but I can usually get out of my head when I'm making something creative. My favorite medium is crochet and I never use a pattern.

What are your three favorite movies?

Princess Bride, Pride and Prejudice, Pitch Perfect

Name a book that has influenced you? Why?

The Autobiography of Benjamin Franklin- I read this first in my childhood years and found his habits and perspectives to be inspiring. I've peered through it a few times since and each time pick up something that has influenced my perspective.

If you could be any fictional character, who would it be? Why?

Pippi Longstocking- she's adventurous and creative and does things exactly the way she believes she should regardless of the views of those around her

What quote do you live by?

"How wonderful it is that nobody need wait a single moment before starting to improve the world." Anne Frank



The Staff, Board of Directors, and Advisory Council at
Southern Adirondack Independent Living (SAIL)

CONGRATULATES
Jocelyn Blanchard

Chief Operations Officer for SAIL
and the Other Post Star "20 Under 40" Honorees

Thank you All, for your Leadership and Commitment to our Community

SAIL has been Serving People in this Region for over 40 Years

SAIL Vision: "Striving to be the Premier Human Services Organization in our Community"

SAIL Mission: "SAIL Helps People Live More Independently"

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Margaret DeVries

Age: 35

Spouse/children: Significant other Joe Eulian, children Cooper and Noah

City, village or town you currently reside in: Queensbury

Employer: WAIT House



Current job title/responsibilities:
As the Executive Director my role is to provide direction and leadership ensuring that the organization adheres to its philosophy, mission, strategy, annual goals, and objectives. I oversee the day to day operations, including coordination of support services for shelter residents, staff supervision, and community outreach. I also oversee all fiscal activities, including the annual budget.

What is the best aspect of your job? Why?
The best aspect of my job is building relationships with the youth and young adults that we serve. Being able to be a part of their accomplishments and providing a safe and secure place for them while they are in this transition. I believe that all young people deserve stability and a place to call home, even if it is for a short period of time.

Where did you go to school?
Lake George Jr.-Sr. high school and College of St. Josephs in Rutland Vermont where I received my BS in Human Services Child and Family

Why do you think this region is a good place to live and work?
Working and residing in this region has been a blessing. I was lucky enough to grow up in the ADK Mountains where I spent my childhood in Chestertown at my grandfather’s campground. In years to follow I moved to the Lake George region. The scenery here is absolutely breathtaking and being yards from the lake was far more than I could have ever expected. This area is also a wonderful place to work as the nonprofit industry is its own little community. We are surrounded by incredible

resources, dedicated and talented professionals, and of course, supportive businesses and neighbors who make it possible for us to do what we do.

What one person has influenced you the most? Why?
The most influential person in my life has been my father. Throughout life we come across many people who have impacted us in some way, but for me my father has been the most influential one. For many years it was just him and I, he took the role of both parents for most of my life. His values and morals were ones that he instilled in me from the beginning. He taught me to never give up, always push through even when times were tough. I will always remember the story that he would read to me, “The Little Engine that Could” as he still references it to this day. He has been a source of information and inspiration. He has supported me in the toughest of times and has been my biggest fan. I am beyond thankful for him and all he has taught me.

What is your biggest goal in life?
I remember as a child my biggest goal in life was to be millionaire, my how things have changed! My goals are now a bit different: to be an influential human being and a positive role model for my son. All the wishes, desires, dreams and aspirations that we set as goals are good only to the extent they make us better in some way. No material happiness lasts forever.

What do you do to relieve stress? How does it help?
There are a few things that help me relieve stress, one is shopping. I also enjoy spend-

ing time on the lake with friends and family and relaxing by a campfire on a fall evening. Stressful events are apart of life, being able to take a break and enjoy what life has to offer makes all the difference in the world.

What are your three favorite movies?
The Notebook, Pretty Woman, The Lion King

Name a book that has influenced you? Why?
There are many books that have influenced me however the one that I can always relate to is “The Little Engine That Could”. There have been many difficulties that I have had to overcome throughout my life. When those difficulties come up I think about the little blue engine towing the big load of toys and goodies to the children on the other side of the mountain. Like the little blue engine I have learned to never let my fears get in the way of trying to do something new. To have courage and strength and knowing that perseverance will help you reach your goals and walk through your fears. Always believe in yourself and keep trying even when the task becomes difficult.

If you could be any fictional character, who would it be? Why?
It’s hard to narrow it down to one, but I love stories that depict characters that have succeeded in spite of the obstacles they faced. Stories about individuals who never give up, who despite the odds are able to overcome barriers - they inspire me. And I am lucky enough to witness that in real life every single day.

What quote do you live by?
“If we don’t change, we don’t grow. If we don’t grow, we aren’t really living.” - Gail Sheehy

Megan Diehl

Age: 33, I am in my Bird year (Larry Bird)

Spouse/children:
My husband Patrick Eager

City, village or town you currently reside in: Brant Lake

Employer: SUNY Adirondack, Sweet Pea Farm Perennials, and self employed



Current job title/responsibilities:
Culinary Arts Instructor, and Student Advisor. Family farm worker. Caterer, private instructor, Private chef.

What is the best aspect of your job? Why?
The people, I love my students, and I really enjoy watching them grow and develop not

just as culinarians, but as humans. I love the people I interact with at farmers markets when I am a vendor, and the people I have the privilege of cooking for as well.

Where did you go to school?
SUNY Adirondack, SUNY Geneseo, and The Natural Gourmet Institute

Why do you think this region is a good place to live and work?
I live work and play in upstate NY. It’s the place I have always called home. This area is not only beautiful, but peaceful, family oriented, and full of history. I love giving back to the school that originally started me on my current life path, as well as being able to give back to the communities that have helped mold me into who I am today.

What one person has influenced you the most? Why?
My mom, hands down. She is strong, confident, independent, and has taught me how to live with purpose, and grace. She is everything I want to be when I grow up.

What is your biggest goal in life?
Yet to be determined

What do you do to relieve stress? How does it help?
Hot yoga. It’s the two hour time frame when I can turn my phone off, and it’s just about me, and my breathing. The world can wait, when I’m in the hot room.

What are your three favorite movies?
Sunset Boulevard, Big Night, Dirty Dancing

Name a book that has influenced you? Why?
There are too many! One that has drastically changed my life and still has a grip on me is John Krakauer’s Into Thin Air. I love to hike, and be outdoors, and that book was so gripping, moving, and ultimately unnerving, that it reintroduced me to the idea of being smart and safe in the wild, and knowing when to turn around. We all take chances, in life, and some chances are not worth risking your life on. Another book I consider life altering is Hanya Yanagihara, A Little Life. Everyone should read it. It makes you a better human. Period.

If you could be any fictional character, who would it be? Why?
Anne Shirley. Shes smart, brave, kind, and has spunk.

What quote do you live by?
I am not a quotes person, I’m more Archie Bunker, I mess up sayings all the time. Yet I do love Fleetwood Mac, and a line from Riannon. “Dreams unwind, loves a state of mind”.

Adam Feldman

Age: 40

Spouse/children: Kelly Feldman, Manny Feldman, Elliot Feldman

City, village or town you currently reside in: Greenfield Center

Employer: Habitat for Humanity of Northern Saratoga, Warren and Washington Counties



Current job title/responsibilities:

Executive Director - We bring people together to build homes, communities and hope.

What is the best aspect of your job? Why?

Handing the keys over to a new homeowner. When Habitat for Humanity hands the keys over to our Partner Family we immediately see the impact of what will be a generational

change. When a family realizes they no longer need to live with a constant burden of uncertainty, stress and fear associated with punishing cycles of unpredictable rent increases, overcrowded conditions and lack of access to land and affordable our Partner Families are so grateful for the opportunity we provide. Our Partner Families work extremely hard to

earn their new homes - 500 hours of sweat equity, paying an affordable down payment, and qualifying for an affordable mortgage. All of that hard work is finally rewarded when we hand over the keys.

Where did you go to school?
Bucknell

Why do you think this region is a good place to live and work?

We are the perfect blend of great cities, beautiful farms and secluded mountains.

What one person has influenced you the most? Why?

My father. He taught me three important rules: 1. Don't miss lunch. 2. Don't be afraid to say "I don't know" 3. Don't believe anything he says.

What is your biggest goal in life?

Balance. The best father. The best husband. Without sacrificing time for myself and my community.

What do you do to relieve stress? How does it help?

Disappear. I can disappear into the wilderness, a great book or in daydreams at the coffee shop. My life revolves around giving to other people. When I "disappear" it provides me the opportunity to recoup some of the energy I

use to meet my goals.

What are your three favorite movies?

The three previews of whatever I'm about to watch at the theater. It is so rare that I get to go to the movies, that sitting down with a giant bag of popcorn knowing I get to enjoy someone else's work for the next two hours puts me in so an open minded mood that I get super excited about every preview.

Name a book that has influenced you? Why?

Zen and the Art of Motorcycle Maintenance. I am a practical philosopher who cares deeply about my work. The author understands the place to improve the world is first in one's own heart, head and hands, and then work outward from there. The goal is always "quality" - that moment of flow, insight, balance mixed with a little gumption to do great things.

If you could be any fictional character, who would it be? Why?

Peter Pan - I don't ever want to grow up.

What quote do you live by?

"Live life to the fullest. You have to color outside the lines once in a while if you want to make your life a masterpiece. Laugh some every day. Keep growing, keep dreaming, keep following your heart. The important thing is not to stop questioning." - Albert Einstein

Jennifer Frigolette

Age: 38

Spouse/children: I have been married, but I am contentedly single at the moment, and I made the decision not to have children. Moms are superheroes—did you know it requires a 24/7 commitment for at least 18 years? Wow!

City, village or town you currently reside in: Hudson Falls

Employer: Glens Falls Hospital since 2015. I've also worked at H&R Block for the past three years during tax season



year. I "round" on the volunteers each day and communicate with them about changes that may affect patients and visitors. Each month I enter their hours and make sure they are up to date on their health clearances and paperwork. I coordinate the junior volunteer program, so I am directly responsible to interview, train, place, and supervise the high school students. I am the only paid employee of Amanda's House, a home away from home for Glens Falls Hospital patients and/or their families who have traveled over an hour for healthcare. (Although I do have several very helpful volunteers there as well.) I schedule and check in the guests, do the housekeeping, purchase necessary supplies,

and present at hospital and community events to raise awareness of the house.

What is the best aspect of your job? Why?

The people! I love the volunteers, I love my boss, I love my co-workers, I love the guests at Amanda's House, and I love the people I encounter in the hallways of the hospital. Our adult volunteers teach me so much. They are examples of dedication and generosity, and they have great senses of humor. The teen volunteers are so impressive because they are juggling so many competing priorities of school, homework, sports, and giving back to their community. Being able to see how much they change over the years by developing their confidence and people skills is a privilege, and they give me so much hope for the future. The guests at Amanda's House are usually experiencing the most challenging event of their entire lives, and their strength inspires me. I even look forward to going in the hospital mailroom because I know I'll share a quick laugh with someone while I pick up our mail. Every single day is different and every single day I learn something new because of the people.

Where did you go to school?

C.W. Baker High in Baldwinsville, NY, The George Washington University in Washington, DC Oberlin College in Oberlin, OH

Why do you think this region is a good place to live and work?

I have lived in 6 states and a dozen different

cities from Ohio to California, and out of all of those places, THIS is where I want to live. We have the warm feeling of a small community, and many of the advantages of large cities. Are you interested in public speaking, kayaking, meditating, acting, craft breweries, animals, theme parks...? You can find classes or groups of people who do any of these things and more. There is virtually no traffic. We have tons of choices of amazing restaurants. There are over a dozen parks in a few mile radius of wherever you are. At Amanda's House I see families from all over the WORLD that have come HERE, to vacation on Lake George, and its right in our backyard. But all of those things are bonuses, because the best part about this region is the PEOPLE. This is literally the most giving and generous community I have ever seen. Ever. People are generous with their time, their money, their knowledge, and their skills. We have a culture of respect and helping others. It is incredible.

What one person has influenced you the most? Why?

Jerilyn Howlett, the Director of Volunteer Services at the hospital. She is not just a supervisor but also a leader and role model to many people, myself included. She taught me that you can be a deeply caring and empathetic person and also be very strong, determined, and capable. She treats those she manages

Continued on PAGE 19

Current job title/responsibilities:

The two main facets of my job are coordinating volunteers at the hospital as well as managing Amanda's House. I work with the Director of Volunteer Services to manage over 200 volunteers at the hospital and our off sites who contribute over 25,000 volunteer hours each

Jacqueline Foster

Age: 32

Spouse/children: Married with 2 children ages 6 and 3

City, village or town you currently reside in: Hudson Falls

Employer: Baywood Center/820 River Street



Current job title/responsibilities:

Currently I act as the program director at the Baywood Center. The role allows me the opportunity to oversee our busy outpatient program while brainstorming and executing additional programming to strengthen the program.

What is the best aspect of your job? Why?

The best aspect of my job is getting to work with a great team who works hard every day to better the lives of every person they come into contact with. While I no longer

have daily contact with the individuals we serve I take pride in knowing the management work I am doing is providing the environment for the team to offer unique wrap around services.

Where did you go to school?

Hudson Falls High School

Why do you think this region is a good place to live and work?

In the last few years I have been able to witness the community come together in so many ways to reduce the barriers and stigma that is attached to substance abuse and mental health. There are many dedicated professionals in this community that are forward thinking and developing innovative programs that treat the whole person.

What one person has influenced you the most? Why?

Professionally, I have been drawn to the work of Melody Beattie. Her ability to remind people of their own value and the ability for one to determine their own self-worth and direction has been inspirational

in the work I have done.

What is your biggest goal in life?

Professionally I hope to one day be able to provide short term consultation to programs that are in need of leadership.

What do you do to relieve stress? How does it help?

There is no one thing I do to reduce stress. I try to remain in touch with my stress level while engaging in on going self-care activities such as spending time with my family, taking time to pamper myself, and giving myself breaks when needed.

Name a book that has influenced you? Why?

"Rising Strong" by Brene Brown. Brene has the ability to explain vulnerability and the fears that hold us back in such a way that makes you see beyond the fears and see the light on the other side.

What quote do you live by?

"If you don't like something, change it. If you can't change it, change your attitude" Maya Angelou

Congratulations JACKIE FOSTER!



The Baywood Center is an outpatient substance abuse disorder treatment clinic providing a variety of services to the residences of Warren and Washington Counties.

On behalf of the Board of Directors, Administration and the entire staff at The Baywood Center, please accept our sincere congratulations on receiving the 20 Under 40 recognition from The Post-Star's Annual Community Initiative!

Given what you have accomplished at The Baywood Center over the past ten years, this well-deserved recognition hardly comes as a surprise. Starting as an intern in 2008, you quickly became a confident, knowledgeable counselor to many people who suffer from the disease of addiction. After displaying leadership qualities, your promotion to Clinical Supervisor with responsibility for a staff of eight other professionals was an easy decision. In June of last year, we were delighted when promoting you to Program Director of the Baywood Clinic.

Your willingness to use your own personal time to participate in numerous community forums in order to educate the public on addiction and to offer hope to family members is further proof of your dedication. Your strength, knowledge and confidence will help promote and support positive changes.

Keep up the good work. Any more like you at home?

Thank you for all you do.

Sincerely,
Peter Newkirk, CEO, PYHIT

Amie
Gonzales

Age: 39
Spouse/children: Juan (Spouse);
Ethan (Son, 11)
**City, village or town you currently
reside in:** Argyle
Employer: Hunt Companies, Inc.



ciation for our region. Our region gives us access to so many opportunities for our businesses to work and collaborate and for our families to grow and thrive. We have mountains, lakes, cities, museums, farms, restaurants, endless recreation opportunities, and still untapped potential for growth in many areas.

What one person has influenced you the most? Why?

My father has been one of the biggest influences in my life. His work ethic, generosity, and will to never give up have been the guiding principles in everything I do. My goal was always to make my parents proud of whatever I did and who I was. As an adult I strive to be the best me for me and my family, but that goal of making my parents proud never really goes away. I always admired how my father always seemed to be the calm among the storm, and the bridge that could bring people together. I have tried and sometimes struggled to do the same. He's been my father, my boss and always my biggest fan.

What is your biggest goal in life?

Personally, it's to simply live my best life and make sure my family does the same. Professionally, I would like to continue growing the company my father worked so hard to keep in business the last 3+ decades. We have over 20 employees and a network of subcontractors that rely on us to keep this experiment of Hunt Companies alive.

What do you do to relieve stress? How does it help?

In the moment deep breathing has been my go-to form of stress relief. It always seems to calm my mind, heart and soul. Other times, exercise, walks with my husband and dog, and my son's hugs melt away any remaining stress.

What are your three favorite movies?

Hidden Figures - has great lessons on overcoming the odds and exceeding the expectations of society and discrimination. Miracle - a great movie on teamwork and also exceeding expectations. Captain Marvel - Who doesn't love a good superhero move?

Name a book that has influenced you? Why?

Option B: Facing Adversity, Building Resilience and Finding Joy - By Sheryl Sandberg and Adam Grant This book taught me that the imposter syndrome is real and it has held me down for many years. I learned that my self-confidence is critical to my happiness and my success.

If you could be any fictional character, who would it be? Why?

Captain Marvel, because I admire the strength, drive and resilience she possessed before and after she obtained her super powers. That, and being able to fly, light your hair on fire and take care of bad guys sounds pretty cool.

What quote do you live by?

"Once you agree upon the price you and your family must pay for success, it enables you to ignore the minor hurts, the opponent's pressure and the temporary failures". - Vince Lombardi

Current job title/responsibilities:

As President of Hunt Companies, my job is to create and communicate our company's mission, vision and goals with the Company's Board of Directors and senior management. During the day, my job as a Commercial Project Manager keeps me busy.

What is the best aspect of your job? Why?

Working alongside my family. It may not always be easy, but it's always worth it. We each have our own skill-set and I learn from them daily. My father is a wealth of knowledge in life and in business. It's a unique experience to work so

closely with this many members of my family (my parents, my husband, my 2 brothers, and my sister-in-law). No two days are the same and each provides its own unique challenges but together we overcome them.

Where did you go to school?

K-12 Argyle Central School; Associates degree - Herkimer County Community College; Bachelors - Excelsior College; Masters - Strayer University

Why do you think this region is a good place to live and work?

After 10 plus years in the Navy as an enlisted Sailor and as a spouse, I gained a greater appre-



CONGRATULATIONS
AMIE GONZALES

ON HER RECOGNITION AS A
POST STAR 20 UNDER 40
HONOREE!



515A County Route 45, Argyle, NY 12809
huntcompanies.net

Luke Kelly

Age: 37

Spouse/children: Wife Maggie, son Will

City, village or town you currently reside in: Queensbury

Employer: Glens Falls National Bank

Current job title/responsibilities:

Assistant Vice President-Indirect Lending Manager Manage underwriting in the indirect lending department to ensure sound credit decision making while originating indirect auto loans through automotive dealerships. Develop relationships with automotive dealers to maintain and evolve the business.

What is the best aspect of your job? Why?

The best aspect of my job is the people. My colleagues at the bank are great to work with, and it takes a large team to make what we do work well. Our indirect lending department and loan services department do tremendous work and



it's a pleasure to interact with them on a daily basis. In addition, we serve a wide base of auto dealers throughout the state, so interacting with different finance managers and the fast paced decision making necessary to succeed in the auto business make for new and exciting challenges day to day as the business evolves.

Where did you go to school?

Glens Falls High School/Marist College/Union Graduate College

Why do you think this region is a good place to live and work?

We have the best of all four seasons living in this area. We are close to great ski mountains and have plenty of access to ice skating, snowshoeing, and cross-country skiing. You have to take advantage of the winter in this area. Beautiful lakes for swimming and fishing, and mountains and trails for hiking. Working in downtown Glens Falls, it's been exciting to see the resurgence and all of the great events put on throughout the year. Having such a fun and active downtown area and Civic Center with pro hockey is a huge plus.

What one person has influenced you the most? Why?

My Mom, Candace Kelly. I never knew an individual could possess such strength, grace, and love.

What is your biggest goal in life?

My biggest goal in life is for my family to be happy.

What do you do to relieve stress? How does it help?

I try to go to ADK Crossfit for a workout in the morning that helps me get ready for whatever else is coming that day. Spending time on Glen Lake with my family helps take my mind off

anything stressful. Heading up to West Mountain for a few runs after work or on the weekend also does the trick.

What are your three favorite movies?

Goodfellas, The Outlaw Josey Wales, Slap Shot

Name a book that has influenced you? Why?

Ishmael by Daniel Quinn. This book helps challenge some of the beliefs and assumptions we as a society develop and accept as true without putting real thought into them. It encouraged me to think differently.

If you could be any fictional character, who would it be? Why?

Ricky "Wild Thing" Vaughn. I love sports, but was never nearly good enough to be a pro, and baseball is probably the sport I am the worst at. "The Wild Thing" owned Cleveland long before LeBron James. It is a classic underdog story of a man rising from the California Penal League up to the ALCS, striking out "The Duke" with three straight heaters in the ninth. I'd have preferred he not beat the Yankees, but standing on top of the world in front of a beleaguered fan base like Cleveland must be an unreal feeling.

What quote do you live by?

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." Albert Schweitzer

Alina Kindron

Age: 35

Spouse/children: Josh Kindron - husband
Chase Kindron - son (age 6)

City, village or town you currently reside in: Queensbury

Employer: Glens Falls National Bank & Trust Company



Current job title/responsibilities:

I am an Assistant Vice President and Investment Officer within the Wealth Management Division and I manage individual and corporate retirement plans, personal trusts, investment management accounts, foundations and not-for-profit accounts. I am also the co-manager of our two proprietary mutual funds.

What is the best aspect of your job? Why?

The best aspect of my job is getting to know my clients and learn what's important to them. Everyone's path is unique, no client situation is the same as goals are specific and priorities change. I enjoy being able to provide my clients with trusted advice and manage their hard earned savings while being mindful of

their needs and goals. Life happens, years fly by and planning for the future is very important. While there are many aspects of my job that I can control, there's one big thing that I cannot - the stock market. The job is challenging, which I love, and requires me to diligently stay current on the news and the ever-changing economic and political environment. Working closely with my Wealth Management colleagues, other departments within the bank and also local CPAs and attorneys, allows me to provide my clients with the best advice and guidance. My job allows me to give back to the community. I am currently serving as President of the Board of Directors for the World Awareness Children's Museum in Glens Falls. With my international background, I feel

a strong connection to the museum, its vision and mission to "bring our diverse world to children". I strongly believe that we need to educate our children about other countries and to instill in them the notion of acceptance and global awareness. I am also a member of the North Country Toastmasters Club, part of Toastmasters International, an organization dedicated to communication and leadership skill development.

Where did you go to school?

I graduated from the Academy of Economic Studies in Bucharest, Romania with a Bachelor's in Finance, Insurance, Banking and Capital Markets. I have earned a degree in Portfolio Management through the New York Institute of Finance, completed various American Bankers Association courses and the New York Bankers Association course on Essentials of Trust Administration. I was also awarded the Accredited Asset Management Specialist (AAMS) designation from The College for Financial Planning.

Why do you think this region is a good place to live and work?

Growing up, I always envisioned myself living in a big and busy city. As I got older, I grew tired of the constant crowds, noise and polluted air. It was through a twist of fate that I ended up in this area and I am happy to be living in a region with beautiful scenery, successful businesses, hardworking people with strong community sense, great schools with diverse

programs, amazing restaurants and a wide array of arts and cultural events.

What one person has influenced you the most? Why?

My late grandmother on my mother's side has had the most impactful influence on my life. She was a simple woman who lived in a small village not too far from my hometown. She raised me shortly after I was born and would take care of me every summer vacation once I started school. She was a kind, hardworking and resilient woman. She taught me strength, compassion and how to overcome life's challenges with grace.

What is your biggest goal in life?

My biggest goal in life is to raise our son to be a successful, happy, respectful and responsible man. I want him to have fond and cherished memories of his childhood and to enjoy life and accomplish amazing things.

What do you do to relieve stress? How does it help?

During the last couple of years, musical theatre has been my most effective stress reliever. Every play that I attend feeds my soul and has me fully immersed in its story and gives me a pause and escape from the day-to-day stress and worries. We introduced our son at a very early age to musical theatre and we try not to miss any of the productions in the area. We are very lucky to have the Glens Falls Community

James McReynolds

Age: 35

Spouse/children: Wife -Abby
Daughter - Vivienne

City, village or town you currently reside in: Queensbury

Employer: Adirondack Pub and Brewery

Current job title/responsibilities:

My job title is general manager of the Adirondack pub and brewery. However I manage the restaurant operations of the Adirondack pub and brewery, moose tooth grill and wagers soda fountain ice cream shop. All owned by John Carr and his wife Mrs. Carr. My responsibilities range from day to day operations, purchasing, to staffing to restaurant and facilities maintenance. And so on. But my main focus is on providing the best possible experience for our customers and our staff.

What is the best aspect of your job? Why?

The best aspects of my job are the rewarding relationships I have built with our custom-



ers and my staff. As well as the fast paced and ever evolving business landscape. Which always keeps me on my toes and allows me to try new thing and keep my staff and peers motivated and excited and positive change and progress.

Where did you go to school?

North Warren Central-it's a Great day to be a Cougar!

Why do you think this region is a good place to live and work?

I enjoy this region for its obvious beauty and seasonal charm, but also for the lifestyle it can provide. I think in terms of employment, you have to make it work for you and your family. That is an essential part this area.

What one person has influenced you the most? Why?

I wish I could say there was one person that has been influential in my life. The truth is that there has been a number of people who have influenced me. My parents Larry and Ruth McReynolds come to mind first. By far the hardest working and most selfless couple that I have ever come across. My mentor ad employer John Carr also pops in my head. Someone who has allowed me to grow and mature as a professional and a person. I have also been influenced by a number of my staff and co-managers. This group of people has allowed me to have a lot of fun and has kept me positive and focused.

What is your biggest goal in life?

I really can't say my biggest goal. Because I think that is an ever moving target. I can tell you that as a parent my goal is to be half the parent my parents were to me. And as a husband to be even a fraction of the person my father is would be an honor. But a goal I have always set for myself is to impact those

around me. And to make those around me better.

What do you do to relieve stress? How does it help?

Stress! I look to my coworkers and my wife to relieve stress. Or at least to put it in to perspective. I always remember that as a leader if I am stressed out that most likely my staff is stressed out. My staff always has a way of keeping me grounded and focused on the task at hand. And my wife Abby always has a way of keeping me focused on the little things. And usually reminds me to take a deep breath and embrace the moment.

What are your three favorite movies?

A few of my favorites are - O brother where art thou - Forest Gump - Snatch

Name a book that has influenced you? Why?

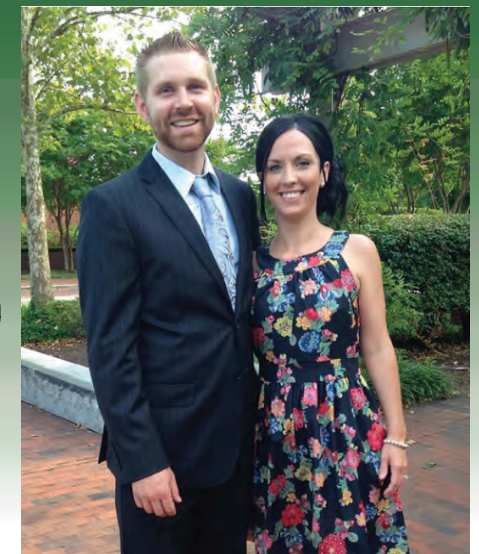
One minute manager - The book is based off of simple logic and real time examples. Very straight forward and to the point.

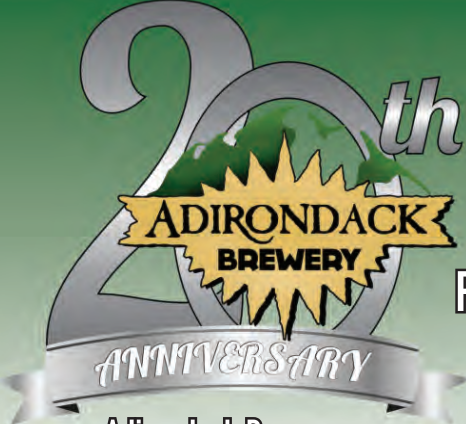
If you could be any fictional character, who would it be? Why?

Superman He is the greatest of all superheroes. And not because of his powers. But because of his principles and integrity. And let's be honest. He can fly!

What quote do you live by?

"Clients do not come first. Employees come first. If you take care of your employees, they will take care of the clients."





Adirondack Brewery
33 Canada St., Lake George, NY
adkbrewery.com

Congratulations James!

From everyone here at the Adirondack Brewery, we can't thank you enough for everything you do.

Cheers!

Andrew Paolano

Age: 25
City, village or town you currently reside in: Queensbury
Employer: Community, Work & Independence, Inc.



Where did you go to school?
Queensbury School

Why do you think this region is a good place to live and work?
I think this region is a good place to live and work because we have a lot of things around us that people down in the city don't such as the lakes and mountains for fishing, hiking and skiing. For work I'd say the company that is up here CWI is one of the best places around and a great place to be a part of and employed by. CWI is a great place and does great things for a lot of people up here in this area.

What one person has influenced you the most? Why?
Having Autism one of my hobbies I follow is the weather. One of the local meteorologists Steve Caporizzo has influenced me. Over the years having Autism I have been bullied greatly. I started taking an interest in weather as a young kid. After school each day and a day of being bullied by my peers I would come home and watch Steve Caporizzo do the weather and his Pet Connection. Steve has influenced me as he is Kind, Caring, Hardworking, Dedicated, Determined and Dependable to both Humans, Pets and the Weather. Steve and I are very good friends and we talk almost every day. Steve has had a huge impact in my life, he is someone I look up to greatly and one of my good friends and someone who has influenced my life by turning me into a Direct Support

Professional who is Dedicated, Determined, Dependable, Hardworking, Kind and Caring from all the things he does with the weather Humans and pets as well as being my friend.

What is your biggest goal in life?
My biggest goal I have in the short term is to live on my own in my own apartment or house. I would like an apartment or house that would allow my family dog and a weather station. I feel like these would be hard and I have been thinking of creating a village for people with Autism to live and in the village have a little village run coffee shop or restaurant run by people who have autism and live in the village. I am hoping some builders and developers out could get my idea underway somewhere in the Glens Falls or Queensbury area in the next year or two. My long term goal is to become a Television Meteorologist. I have loved the weather and would really love to work in this local area predicting the weather on Channel 10 or Channel 13 a few years down the road. I am starting this goal by taking a few meteorology classes at UAlbany in the fall or in the spring. I am going to take it slow and steady with the schooling as math and science I am not great at and I plan to use all my resources in school such as the math and science lab, tutors and etc. I have my own Weather Forecasting Page People can follow my weather on. Andrew Paolano's Northeast Weather Forecasting

Continued on PAGE 19

Current job title/responsibilities:
Direct Support Professional a person who assists an individual with a disability to lead a self-directed life and contribute to the community, assists with activities of daily living if needed, and encourages attitudes and behaviors that enhance community inclusion. We run goals with people such as safety goals. What to do in a storm or what to do in a fire. We do exercise goals such as walking or playing basketball. We also bring the individuals in the community a lot to volunteer such as doing meals on wheel 3 days a week or just simply go to the mall to walk or to go to the park to walk.

What is the best aspect of your job? Why?

I have Autism myself and I feel like I can really understand and interact with the individuals better than some of my other coworkers can. I feel like I can connect to the individuals better and the individuals can connect to me better. The Job is very rewarding at the end of the day I always leave with a smile if I don't start off my day with a smile. Most days I go from beginning to end smiling and happy as it's a very rewarding job. I also go above and beyond and I talk to some of the individuals outside of work by text or call just as friends and sometimes we hangout. I am always there for the individuals I work for even if it's after hours in the evenings or on the weekends

Michael Plank

Age: 35
Spouse/children: Lauren Grogan, spouse Aliza Plank, daughter Harvey Plank, son
City, village or town you currently reside in: Hudson Falls, NY
Employer: Underwood Park CrossFit, First Presbyterian Church of Hudson Falls



moved to Hudson Falls from Chicago in 2010. In just the time that we've lived here it's been amazing to see these towns and villages become more and more vibrant every year. In each one, there's a real sense of possibility and excitement that big things are happening, and I feel incredibly privileged that Lauren and I can be running a business in Fort Edward in this kind of professional landscape.

What one person has influenced you the most? Why?
I've been fortunate to have been surrounded by many, many people who've had a profound influence on my life. I am a product of their wisdom and knowledge and teachings. If I had to choose just one person to name though, it would be my 5-year-old son, Harvey. He inspires me every day to be a better person. If I die as even half the man he thinks I am today, I will feel like I've truly accomplished something extraordinary.

What is your biggest goal in life?
My biggest goal in life is to be a good person; to be faithful, loving, strong, wise, fair, temperate, and courageous; to be a good husband to my wife and father to my children; to be a good son and brother to my family; to be a good friend; to be a good and faithful leader; to be a good citizen, and a good community member.

What do you do to relieve stress? How does it help?
I sit quietly by myself. Sometimes that's meditation, sometimes that's thinking, sometimes it is hunting or fishing. Being quiet and still helps my brain unload all the things that bounce around in it.

What are your three favorite movies?
"The Usual Suspects" "Snatch" "Waiting for Guffman"

Name a book that has influenced you? Why?
"A Failure of Nerve: Leadership in the Age of the Quick Fix" by Edwin Friedman. It's a phenomenal exploration of human nature, how people relate to each other, and how leadership begins with knowing and leading yourself.

If you could be any fictional character, who would it be? Why?
Paul Atreides, from "Dune" by Frank Herbert. He is a powerful leader, but also an open-minded student. He learns from anyone who has something to teach him, no matter who they are or where they come from. He works to make his body and mind as sharp as they can be, and he has the humility to recognize where he falls short.

What quote do you live by?
"Discipline equals freedom." -Jocko Willink

Current job title/responsibilities:
Co-owner, head coach at Underwood Park CrossFit and Pastor at First Presbyterian Church of Hudson Falls

What is the best aspect of your job? Why?
I get to see people transform on a daily basis. They become stronger and healthier, but they also become more confident, happier, kinder, more patient, and more generous. They become better friends and spouses, parents,

leaders, and employees. Both at the gym and at the church, I get to see people take charge of their own lives and make themselves better.

Where did you go to school?
University of Nebraska at Omaha (B.A.), McCormick Theological Seminary (M.Div.)

Why do you think this region is a good place to live and work?
I love the communities here. My wife and I

Michael Romanowski

Age: 34

Spouse/children: 5 year old son named Mikey

City, village or town you currently reside in: Queensbury

Employer: Kelly Services Inc.



Current job title/responsibilities:

Senior SAO Recruiter

What is the best aspect of your job? Why?

Changing people's lives.

Where did you go to school?

SUNY Plattsburgh

Why do you think this region is a good place to live and work?

This region has it all - biking, skiing, sailing, swimming, hiking. There is never a lack of events and things to be a part of!!!

What one person has influenced you the most? Why?

My Father, he has taught me many lessons in life but the most valuable start with our family. He is the hardest working person I know and he has instilled a work ethic in me that has pushed me to not only do more but improve as I grow.

What is your biggest goal in life?

My goal in life is simple, BE HAPPY and STAY HUMBLE

What do you do to relieve stress? How does it help?

We started a not for profit, it truly keeps me grounded. I can disappear into our shop turn up the tunes and get my hands dirty.

What are your three favorite movies?

1) Teenage Mutant Ninja Turtles 2) Ferris Buehler's Day Off 3) American History X

Name a book that has influenced you? Why?

And Now A Few Words From Me - Bob Garfield

If you could be any fictional character, who would it be? Why?

Bugs Bunny without question!!! He always finds a way out of sticky situations

What quote do you live by?

These Chains Will Set You Free....

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Nicholas G. Taylor, Jr.

Age: 34

Spouse/children: Wife- Meaghan
Daughter- Grace

City, village or town you currently reside in: Queensbury

Employer: Taylor & Leonard Insurance and Financial Services



Current job title/responsibilities:

At Taylor & Leonard I manage all aspects of the business. In addition to that management role, I am a licensed home & auto insurance agent who is available 24/7 to my clients. I am also a Certified Financial Planner who helps local families and small business owners with their finances (particularly life insurance solutions and retirement planning/retirement income planning). I am a career life insurance agent with National Life and an Investment Adviser Representative with Equity Services, Inc. (both

in Montpelier, VT).

What is the best aspect of your job? Why?

The best aspect of my job is that I can truly make a huge impact on my client's lives. Whether it is saving them a large amount of money on their insurance, being at their home to help walk them through a major claim, helping them to protect their family's finances, or figuring out how to help them retire, my advice and guidance can have a significant impact on their lives. Many of my clients turn into close

friends because our relationships become that strong.

Where did you go to school?
Siena College

Why do you think this region is a good place to live and work?

I think that first and foremost, we have great people in our area. They are the fabric of our community. We have countless folks that our devoted to their families and devoted to this area. I look at the cross-section of my own clientele and see an incredible group. Extremely hard-working, family-oriented, and caring individuals. Just good, quality people. Because of our people, we have phenomenal small businesses to enjoy. We have a world-renowned, pristine lake that is kept that way. We are a destination for travelers looking for a beautiful retreat. All of this and its sustainability are because of the fantastic group of people that we call our neighbors. They are committed to our area and its success every single day.

What one person has influenced you the most? Why?

My father. He has always been my "compass". Many times in my life, I felt like George Bailey, running into his father's office for advice and guidance. My dad and I are alike in many ways however in some ways, we are quite different. Through it all, he has been my mentor and

provided me direction. He allowed me to learn the business and build my practice the right way. He taught me to ferociously fight for the client. He showed me what sacrifices need to be made to be in business for yourself. He showed me what sacrifices were necessary to be a devoted husband and father. I can never thank him enough.

What is your biggest goal in life?

My biggest goal in life is to make sure that my wife and daughter always feel loved and taken care of. That is the important stuff!! After that, I would say that I would want the same for my clients!! They are my life's work and when I look back 30 years from now, I want to be able to look at their lives and know that I made a difference in them.

What do you do to relieve stress? How does it help?

I read. My days at the office are usually hectic and full of distractions and interruptions (not complaining, busy is good!). Home life is even more hectic... my daughter has more energy than I ever believed could be possible! I usually have about 45 minutes each day to unwind and there is nothing better to me than sitting down and reading a book, relaxing but engaging my mind. I usually learn more in those 45 minutes than I do throughout the entire day. I

Continued on PAGE 19

Congratulations Nick Taylor Jr.

Taylor & Leonard would like to congratulate its third generation leader of the family business on his recognition for professional and civic accomplishments. Nick Jr., we are proud of you for continuing to build on the legacy of your grandparents and father who've served our local community for over 30 years.

Taylor & Leonard
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INSURANCE THAT NEVER SLEEPS!

Andrew Terry

Age: 39

Spouse/children: Sara Curtis

City, village or town you currently reside in: Queensbury

Employer: Queensbury Union Free School District



Current job title/responsibilities:

Social Studies Teacher- I currently teach AP Government and Politics, Participation in Government, and United States History and Gov-

ernment 11R. I am the advisor for the YMCA Youth and Government Program at QHS and one of the directors for the QHS Musical. I am also a member of the QHS Building Leadership

Team, Shared Decision Making Committee, and K-12 Social Studies Renewal Committee.

What is the best aspect of your job? Why?

The best aspect of my job is watching my students grow and mature over their four years of high school. I also enjoy students coming back after graduation and updating me on their life after QHS. It's great to hear their stories and how I have impacted their life in some way, shape, or form.

Where did you go to school?

Queensbury High School '98, The College of Saint Rose '02, G'07

Why do you think this region is a good place to live and work?

This region is a great place to live and work because it offers something for everyone: fantastic schools, amazing local businesses, museums, the outdoors, athletics, entertainment, and the arts. We are also a caring and compassionate region. When tragedy hits, this region knows how to come together to help out those people in need.

What one person has influenced you the most? Why?

My parents are the people who have influenced me the most. From a young age, they instilled in my brother and I that hard work and determination will pay off in the end.

What is your biggest goal in life?

To live a long, happy life and share it with my family.

What do you do to relieve stress? How does it help?

I like to workout 4 to 5 days a week. For that 45 mins/hour a day, I am focused on myself and blocking out the rest of the world.

What are your three favorite movies?

The Dark Knight Trilogy

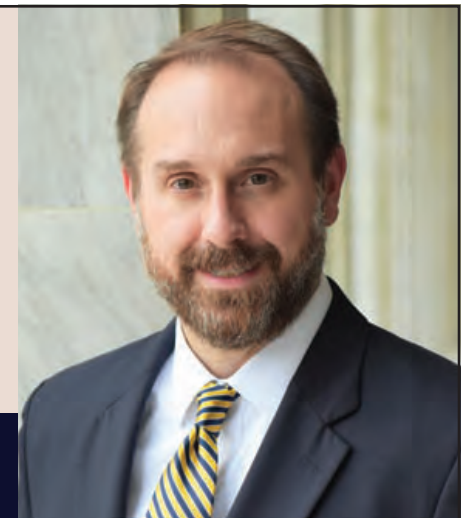
If you could be any fictional character, who would it be? Why?

Batman. He's got it all: mansion, cave, gadgets, gizmos, and a sweet car.

What quote do you live by?

"Ask not what your country can do for you - ask what you can do for your country," - JFK

Queensbury Union Free School District
CONGRATULATES
Andrew Terry
For his recognition as a
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Andrew Terry

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Michele DeRossi Vidarte

Age: 33

Spouse/children: Joseph Vidarte/none

City, village or town you currently reside in: Saratoga Springs

Employer: Lake George Land Conservancy



Current job title/responsibilities:

Community Engagement and Events Manager at the Lake George Land Conservancy. I manage the LGLC's biggest fundraising gala which is a 250-person event which, this year, raised over \$240,000 for land protection efforts throughout the watershed. In addition, I founded and currently manage our NextGen Committee, a group of about 20+ young professionals from around the area who are passionate about the land and the lake. Along with the Committee, I manage an annual fall trail run race as well as a summer mixer, both aimed at engaging new supporters through innovative and interactive events. I work with our team to execute multiple other events throughout the year all aimed at educating people on the benefits of land conservation for the environment, the lake, recreation, community benefit and so much more. I also have a hand in our communications and fundraising strategies, raising awareness about our mission, engaging new friends and fundraising for various projects through mailings, newsletters, so-

cial media and more. I write and execute grants for the LGLC also, having raised over \$170,000 in funding over the past 3 years from various foundations from small family foundations to state and federal government entities.

What is the best aspect of your job? Why?

I love the fact that I work amidst and for one of the most beautiful places in the world. I grew up on Lake George and this place is special to me and my family. Protecting the lake, the lands and the water is something that comes naturally to me and I am passionate about it's protection now and into the future.

Where did you go to school?

Fordham University

Why do you think this region is a good place to live and work?

This region holds so many opportunities for work and play for any type of person. I love the fact that we are so close to world-class mountains for hiking, skiing, canoeing, fishing and

more while also being in such close proximity to amazing farms, fresh food and a wide variety of restaurants. Our community in Saratoga is caring and welcoming of all and our neighborhood is friendly, safe and clean. I also love that we are close to Vermont, New York City, Canada and so many other great places and destinations for road trips, concerts and so much more.

What one person has influenced you the most? Why?

I don't think I could choose just one person! To choose one group of people I would say that I am most influenced by the amazing, driven, hard-working women that I surround myself with. These women stop at nothing to achieve success, balance every aspect of life and family and push themselves to be leaders in their industries- all things that I aspire to myself. I am so lucky to be surrounded by such inspiring women who I am lucky to call my family and friends.

What is your biggest goal in life?

One of my biggest goals in life is to see and experience as much of this world as I can. I've visited and/or lived in 5 continents, backpacked through Australia, Southeast Asia and Europe and visited over 35 states within our country. Traveling with my husband, family and/or friends has provided some of the most rewarding experiences of my life that have broadened my horizons and also challenged my perspective on what's important in life. Experiencing the highs and lows of traveling, meeting new people, tasting new cuisines, immersing ourselves in different cultures and getting out of our comfort zone is crucial to understanding our world and appreciating our amazing planet.

What do you do to relieve stress?

How does it help?

I either head to yoga or get outside and unplug. My husband and I have been working on our 46 and just recently completed our 28th and 29th high peaks. Getting into the woods, unplugging

and really focusing on pushing myself for such a rewarding goal is incredibly stress-relieving. Being amongst nature and only worrying about the most basic human needs is a great way to de-stress and re-prioritize. Plus, there's nothing quite like getting back to your campsite, putting your feet in a cold stream and cooking up a warm meal under the stars after a long, hard day on the trail.

What are your three favorite movies?

Wow, this is tough since they change all the time and depend on my mood, but in staying true to my all-time favorite classics, I'd say: Top Gun, Almost Famous and Wet Hot American Summer. I'm a pop culture nerd and am a sucker for nostalgia, great soundtracks and quirky comedy. If TV shows counted, I'd have to say Stranger Things, for all the same reasons.

Name a book that has influenced you? Why?

One of my favorite books is To Kill a Mockingbird, which is influential in so many different ways. As a younger person reading the novel, I loved the characters and what they stood for. As an adult reading the story, there are so many larger and more serious themes that are prevalent but in the end, the overarching theme is good vs. evil and the importance of judging people not on who or what they are but by what they do.

If you could be any fictional character, who would it be? Why?

Leia or Hermione.

What quote do you live by?

This is part of a longer quote that I have always treasured from classic Winnie the Pooh. It's something my Mom has always said to me and I also used it in part of our wedding ceremony. It means so much to me in many different aspects of life: "There is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think." Trust your instincts.



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Robin Wadleigh

Age: 36

Spouse/children: Shaun Wadleigh

City, village or town you currently reside in: Moreau

Employer: Whittemore, Downen & Ricciardelli, LLP

Current job title/responsibilities:

Senior Auditor - primarily working on not-for-profit and governmental audits

What is the best aspect of your job? Why?

No two days are the same. I work out of the office a lot which is a nice change of scenery and I get to meet and talk to so many different people. There is a lot of problem solving, critical thinking, collaborating and researching which keeps work interesting.

Where did you go to school?

Undergraduate - University of Wisconsin - Mad-



ison; Graduate school, University at Albany;

Why do you think this region is a good place to live and work?

I came to Lake George to teach sailing at Camp Chingachgook, 12 years later I couldn't think

of living anywhere else. Not only is our region beautiful, it is a giant playground with opportunities everywhere to play outside. As I have become more involved in the community I realized just how amazing the people here are too. There are friendly faces just about everywhere we go and so many people dedicating their time and effort to bettering our area.

What one person has influenced you the most? Why?

There are far too many people who have influenced me throughout my life to only pick one. My parents who have always been supportive of me, even if they didn't agree with my choices, and gave me the freedom to figure things out on my own. My grandfather who was one of most intelligent people I have ever known, and taught me the difference between sixes and nines. My grandmother who could talk to anyone, anywhere and was the life of the party everywhere she went. My husband, who inspires me to want to be a better person every day.

What is your biggest goal in life?

To continue learning, improving, adventuring, traveling, biking, enjoying life, and helping others to do the same.

What do you do to relieve stress? How does it help?

Exercising and getting outside. I never miss a class at Underwood Park Crossfit and outside of winter, if there's snow, and mud season, you'll catch me at Moreau or SMBA mountain biking 2-3 times a week too. Both Crossfit and mountain biking require all of your attention so that you have to be present in the moment, it clears your mind and I always feel better after.

What are your three favorite movies?

Batman Dark Knight, Office Space, Empire Records

Name a book that has influenced you? Why?

"Oh the Places You'll Go" - Dr. Seuss This book was a gift after a very formative summer at camp as a counselor-in-training. That summer I finally came out of my shell some, learned that asking for help isn't a sign of weakness but rather the opposite, and started to believe in myself.

If you could be any fictional character, who would it be? Why?

Scooby Doo He's always up for a good time, is a little skittish but with a little encouragement and a Scooby snack, can accomplish anything.

What quote do you live by?

"The woman who follows the crowd will usually go no further than the crowd. The woman who walks alone is likely to find herself in places no one has been before." Albert Einstein

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John Wright

Age: 37

Spouse/children: Wife, Sarah Daughters, Caroline (8) and Claire (6) Son, Charlie (3)

City, village or town you currently reside in: Queensbury

Employer: Bartlett, Pontiff, Stewart & Rhodes, P.C.

Current job title/responsibilities:

Principal Attorney, handling a variety of areas of law but concentrating in personal injury, litigation, criminal defense and landlord/tenant law.

What is the best aspect of your job? Why?

My partners and co-workers at Bartlett, Pontiff, Stewart & Rhodes, by far. I have had the opportunity to be mentored by



some of the best attorneys in the state, and my paralegal (Martha Sweenor) and the rest of our staff are second to none.

Where did you go to school?

Hartford Central School, Virginia Tech and the University of Richmond Law School

Why do you think this region is a good place to live and work?

Professionally, the Warren County Bar Association is a group of excellent attorneys who practice law with professionalism and a sense of collegiality, and our judiciary is excellent. Our area is full of community leaders who care about the region, and are willing to invest their time, money and energy in making it a better place to live and work. On top of that, we live in an area that many people seek as a vacation destination, which is tough to beat.

What one person has influenced you the most? Why?

I couldn't possibly pick one of my parents (Bruce and Barbara) and not the other. Each instilled in me the importance of both hard work and taking time to enjoy life outside of work. They provided me with every opportunity to succeed, and I am grateful for having that growing up.

What is your biggest goal in life?

To always keep improving, professionally and personally, and to raise my kids to be

kind, empathetic and hard-working.

What do you do to relieve stress? How does it help?

Unfortunately, I play golf, which doesn't help at all. Other than that, I enjoy working out at Lake George Crossfit, listening to podcasts, playing sports with Caroline and Charlie, and baking with Claire.

What are your three favorite movies?

In no particular order, Caddyshack, Reservoir Dogs and Billy Madison.

Name a book that has influenced you? Why?

Jimmy Buffett's "A Pirate Looks at Fifty," as it chronicles Jimmy Buffett's life, travels and constant reinvention of himself throughout his career. If you're a Jimmy Buffett fan, it's a must.

If you could be any fictional character, who would it be? Why?

Vincent Gambini from "My Cousin Vinny," for his trial skills and fashion sense.

What quote do you live by?

Lately, I seem to say "Put your shoes on!" more than I ever thought I would.

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Jeffrey Allen

Continued from Page 4

although stressful at times themselves bring me a sense of calming. And believe it or not, spending time with my daughter, no matter what it is, is definitely a relief for me. When I am in a stressful situation, I often cannot wait to get home to her and mention how she is my reprieve!

What are your three favorite movies?

Billy Maddison Shawshank Redemption Miracle

Name a book that has influenced you? Why?

TEACH Like Your Hair's on Fire by Rafe Esquith Much like I mentioned earlier, about the importance of making those connections with students, Rafe's hair literally caught on fire as he was trying to help an underprivileged child before moving on, when suddenly she, and the rest of the students started screaming at and hitting him... This is part of a quote he wrote about the book. "I felt great about being a teacher. I had been able to ignore the crap that all teachers on the front lines face. I had done everything I could to help someone. I didn't do it particularly well, but the effort was there. I thought to myself that if I could care so much about teaching that I didn't even realize my hair was burning, I was moving in the right direction. From that moment, I resolved to always teach like my hair was on fire." Esquith, Rafe. Teach Like Your Hair's On Fire: The Methods and Madness Inside Room 56. New York, N.Y.: Viking, 2007.

If you could be any fictional character, who would it be? Why?

Joey from F.R.I.E.N.D.S. He's good-natured, very loyal, caring, and protective of his friends (I would add family). However, he's also the funny man that has an extreme childish side. I may have many or all of those labels!

What quote do you live by?

"Life is too ironic to fully understand it. It takes sadness to know what happiness is. Noise to appreciate silence & absence to value presence." ~Abhysheq Shukla

Alina Kindron

Continued from Page 10

Theatre, Lake George Youtheatre, Proctors, Broadway Upstate, Home Made Theatre, Park Playhouse and all the local high schools that put out amazing shows year after year.

What are your three favorite movies?

Million Dollar Baby, The Gilmore Girls series, Heat

Name a book that has influenced you? Why?

Every book that I have ever read has

influenced me in a way or another. Raising an energetic 6 year old doesn't allow me to read as much literature lately, as our days are now filled with Wild Kratts, shark books and with the other hundreds of children's books in our son's library. Not long after moving to the United States, I learned about Andy Rooney, the radio and television writer who was best known for his 60 Minutes segment, "A Few Minutes with Andy Rooney". My father-in-law had one of his books sitting on the coffee table and I randomly picked it up one day and I couldn't put it down. I was immediately captivated by his writing skills about mundane, day-to-day things. The depth of his thoughts and unique humor fascinated me. A more recent book that I truly enjoyed reading (in a day, I must say) was "She called him Raymond" by Ray O'Connor, retired President and CEO of Saratoga National Bank turned writer. It's a true, powerful and heartfelt story of two ordinary people who led extraordinary lives. A must read!

If you could be any fictional character, who would it be? Why?

Mary Poppins. She is a strong, independent, fun and magical character, an authority figure that is kind, adventurous, yet stern and demands respect. While she's wise and very mysterious, she has perspective about what matters most in life. She showed that a little kindness goes a long way and that at the end of the day, children and family are the most important things. She is always prim and proper, practically perfect in every way!

What quote do you live by?

"Everything that exists in your life, does so because of two things: something you DID or something you DIDN'T do" (Albert Einstein)

Jennifer Frigolette

Continued from Page 7

as human beings first, and employees and/or volunteers second. She shows appreciation to them every single day because she recognizes that people want to feel valued above all else. She makes everyone around her want to be better because she treats them as if they are the most important person in her day, and in that moment, they are. She doesn't so much teach as lead by example. It has been over four years, and every single day I am reminded of how lucky I am to have the privilege of working with her.

What is your biggest goal in life?

My biggest goal in life is to love myself. In our culture we are constantly bombarded by messages about being better. We think we should have more friends, nicer clothes, a fancy car, we will be happier if we wear certain shoes, we have to cover up our natural smell with perfume, we have to cover up our natural skin with makeup, we have to straighten or curl our hair...it is such a constant barrage that we don't even realize that so many messages just tell us

that what we are is fundamentally wrong. We need to remember that everyone is perfect just as they are. I want to love others, and so I need to love myself first. When I am encountering a challenge or trying to make a tough decision, my therapist reminds me of his favorite question, which is "Did I treat myself and the people I care about with dignity and respect, and as a person who has value and worth?" And if I can say yes to that question, I can never make the wrong decision. So that would be my goal.

What do you do to relieve stress? How does it help?

I can be extremely serious on the rare occasion that life demands it. For the most part, though, I'm usually joking around. I joke with my co-workers, volunteers, patients, visitors... pretty much everyone! Humor is a huge stress reliever, and it builds bridges. When you smile and laugh, it makes difficult situations more bearable. I often use self-deprecating humor, because I can sometimes get inside my own head and take myself too seriously, so it reminds me not to do that. I love sharing a smile or a laugh with someone even for a moment, it just makes me feel good. (Hopefully sometimes it makes the other person feel good too!)

What are your three favorite movies?

Tommy Boy, The Shawshank Redemption, My Girl

Name a book that has influenced you? Why?

Go Dog Go by P.D. Eastman When I was a child, I LOVED it when my mom read to me. But one day, she expected ME to read to HER. I screamed, I cried, I had a temper tantrum, but she didn't give up, and eventually I read "Go Dog Go" to her. She taught me to realize that I had the ability to do it myself. I had loved books and being read to since birth, but after that book, I also loved reading. Books and reading have helped me and impacted my life in so many ways, and it all started there.

If you could be any fictional character, who would it be? Why?

None. Fictional characters do and say whatever the writers want them to, so I would never be a fictional character. I am and always will be the writer of my own story. The world is filled with limitless possibilities, so if anyone on Earth has ever dreamed something up, I have the ability to do that, and more. We all do.

What quote do you live by?

"No matter what anybody tells you, words and ideas can change the world"—Robin Williams' character in Dead Poets Society

Andrew Paolano

Continued from Page 12

What do you do to relieve stress? How does it help?

Over the years I have been learning and this has been very hard for me. The one thing I have learned is to not keep the stress to yourself and to talk to someone about what's

bothering you whether it's your family or a good friend or your coworker. To relive stress I talk to someone and I also do things like I go to the gym and workout or I do a run outside. I take my dog for a walk or I go for a walk in general. I watch and study the weather and make my own weather forecast on my weather Facebook Page.

What are your three favorite movies?

Weather movies: Crawl, Twister, The Day After Tomorrow

Name a book that has influenced you? Why?

Romeo and Juliet because in this book there was a lot of arguments and fights and it was a tragedy. In life you have to work out your problems without fights and arguments. Life would be a better place with good friendships and good relationships.

If you could be any fictional character, who would it be? Why?

Probably Shakespeare because the books are based out of England and I think England is a very cool part of the area. Some of his books are during the Enlightenment and that's a very important time in history.

What quote do you live by?

"What you do not want done to yourself, do not do to others".

Nicholas G. Taylor, Jr.

Continued from Page 14

prefer books about finance (naturally) and self/professional growth.

What are your three favorite movies?

It's a Wonderful Life Rudy Rocky IV

Name a book that has influenced you? Why?

It is really hard to narrow down to a single book because I feel that I take away important points from all of them.

If you could be any fictional character, who would it be? Why?

As it is becoming clear, I am a fan of the story "It's a Wonderful Life". I relate to George Bailey in a lot of ways because throughout his life he just tries to do the right thing for everyone in his life. When he is down and out, all of those who he was always there for come back in droves to help HIM. I cannot think of a better reflection of a life well lived- having all those you have ever helped come back to help you in your time of need because you were there for them in big ways.

What quote do you live by?

"Remember, George: no man is a failure who has friends." - Clarence (the guardian angel from It's a Wonderful Life). I feel that this simple quote embodies so much. I feel that if you treat people well and truly care about them, they will obviously consider themselves your friends. And if you have created true friendships in your life, you must be doing something good for people!



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